




Summer 2013 Program Schedule 862-8445	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Coleman Park 384 Thompson Lane Nashville, TN 37211</p> <p><u>Facility Coordinator*</u> Stevon Neloms</p> <p><u>Recreation Leaders & Lifeguards (*)</u> Cami Lusk William Graham* Angela Booker Raymon Tonkin* Waldrian Coleman* Cassie Deas Leslie Martinez-Garcia Dennis Morrow*</p> <p><u>Summer Seasonals:</u> Sherumika Perry Bethany Ball Deerrell Taylor Marquette Knight Theo Boone*</p> <p><u>Fitness Instructors</u> Coleman Staff LifeFitness Academy B.Fab. Fitness Allen Walker Amy Willoughby Carla Hart</p> <p><u>Front Desk Leader</u> Pamela Caban</p> <p><u>Activity Codes:</u> Fitness Classes Aquatics Gymnasium Youth/Senior Programs *Paid Classes</p>	<p>6:00am-2:00pm Adult Open Gym (basketball)</p> <p>6:30am-7:15am Water Wake-up</p> <p>7:30-8:15pm Beginners Yoga*</p> <p>8:30am-9:15am Boot Camp*</p> <p>9:00am-4:00pm Summer Enrichment Program Monday-Friday (Only youth in gym and game-room)</p> <p>10:00-11:00am Lap Swim/Water Walking</p> <p>11:00am-12:00pm Group Swim</p> <p>12:00pm-2:00pm Open Swim (Public)</p> <p>2:00pm-4:00pm Summer enrichment Swim Time</p> <p>5:30pm-6:15pm Boot Camp*</p> <p>6:15pm-7:00pm Aerobic Kickboxing*</p> <p>7:00pm-8:00pm B.Fab.Funk (Zumba)*</p> <p><u>Facility Rental Rates</u> <u>All Rates are per hour</u> Small Meeting Room - \$35.00 Large Meeting Room - \$50.00 Dance Studio - \$50.00 Pool - \$100.00 Gym/Game Room - \$75.00 Facility - \$100.00</p>	<p>7:00am-2:00pm Adult Open Gym (basketball)</p> <p>6:00am-6:45am Boot Camp*</p> <p>6:00am-7:00am Beginners Yoga</p> <p>10:00am-11:00am Senior Water Aerobics</p> <p>12:00pm-1:00pm Lap Swim/Water Walking</p> <p>1:00-3:00pm Summer Enrichment Swim Time</p> <p>3:00pm-5:00pm Open Swim (Public)</p> <p>5:15pm-6:00pm Swim Lessons*</p> <p>6:00-8:00pm Latin Dance (Beg-Adv)</p> <p>7:00pm-8:00pm B.Fab.Fitness (Zumba)*</p> <p>6:00pm-7:00pm Water Aerobics*</p>	<p>6:00am-11:00am Adult Open Gym</p> <p>6:00-6:45 Yoga Vinyasa*</p> <p>8:30am-9:15am Boot Camp*</p> <p>9:30-10:15am F.I.R.E.*</p> <p>10:00-11:00am Senior Swim</p> <p>11:00am-12:00pm Group Swim</p> <p>12:00pm-2:00pm Open Swim (Public)</p> <p>2:00pm-4:00pm Summer Enrichment Swim Time</p> <p>5:30pm-6:15pm Boot Camp*</p> <p>6:15pm-7:00pm Aerobic Kickboxing*</p>	<p>6:00am-8:00am Adult Open Gym (basketball)</p> <p>6:00am-6:45am Boot Camp*</p> <p>6:30am-7:15am Water Wake-up</p> <p>10:00am-11:00am Senior Water Aerobics</p> <p>12:00pm-1:00pm Lap Swim/Water Walking</p> <p>1:00-3:00pm Summer Enrichment Swim Time</p> <p>3:00pm-5:00pm Open Swim (Public)</p> <p>5:15pm-6:00pm Swim Lessons*</p> <p>6:00pm-7:00pm Water Aerobics*</p> <p>5:00-6:00pm Seniors Tai Chi</p> <p>6:00-7:00pm Integral Tai Chi</p> <p>7:00-8:00pm Yang Style</p> <p>7:00pm-8:00pm B.Fab.Funk (Zumba)*</p>	<p>6:00am-8:00am Adult Open Gym (basketball)</p> <p>6:00am-7:00am Beginners Yoga</p> <p>8:30am-9:15am Boot Camp*</p> <p>10:00-11:00am Senior Water Aerobics</p> <p>11:00am-12:00pm Lap Swim/Water walking</p> <p>12:00pm-2:00pm Open Swim</p> <p>2:00-4:00 Summer Enrichment Swim Time</p> <p>5:30pm-6:15pm Boot Camp*</p> <p>6:15-7:00pm Chicago Steppin in the Ville</p> <p>  </p>	<p>8:00-10:00pm Family Gym Time</p> <p>8:00-9:00am Water walking/lap swim</p> <p>9:15am-10:15am Boot Camp*</p> <p>10:15am-11:30am Cha Cha Dance</p> <p>9:00am-10:00am Water Aerobics*</p> <p>10:00am-11:30am Open Swim</p> <p><u>Pool Reservations</u> Pool - \$75.00 Lifeguard - \$25.00 Total per hour - \$100.00</p> <p><u>Fitness Center Rates</u> Adult Daily - \$3.00 Adult Monthly - \$30.00 Adult 10 Visit \$20.00 Senior Daily - \$1.50 Senior Monthly - \$20.00 Senior 10 Visit - \$10-00 Youth Daily - \$1.50 Youth Monthly - \$20.00 Youth 10 Visit - \$10.00 Yearly Membership \$250.00 Fit Card - \$27.00 B.fab.Fitness (Zumba)- 10 visit pass- \$30.00</p> <p>Metro Parks does not discriminate on the basis of age, race, sex, color, national origin, religion, disability in admission to, access to, or operations of its programs, services, or activities.</p>

Coleman Park Regional Center Class Descriptions and Fees

Aqua:

Senior Water Exercise- a low impact class that focuses on cardio trainings. **Ages 55 & up. Free Tuesdays, Thursdays, & Fridays. Instructor- Coleman Staff**

Water Aerobics- a high impact water exercise class that focuses on toning and cardio. **\$3.00 Tuesday, Thursday, and Saturday. Instructor- Coleman Staff**

Water Wake-up- a full body workout designed to promote muscular strength and development by using the natural resistance of water. **\$3.00 every Monday and Thursday. Instructor- Coleman Staff**

Dance:

B.Fab Fitness (Zumba)- Latin-infused cardio dance, so fun you don't notice you're sweating your tail off! Come Join the Party! **\$3.00 Mondays, Tuesdays, Thursdays. Instructors- B.Fab. Fitness.**

Latin Dance- Individuals and couples are welcome to enjoy! Beginners class is 6:00-7:00pm; Intermediate/Advance is 7:00pm-8:00pm, Saturdays from 10:15-11:30am. **This class is FREE!!!! Instructor- Amy and Julian Willoughby**

Cardio:

Aerobic Kickboxing- Aerobic Kickboxing is an aerobic and muscular endurance based workout combining boxing and martial arts kicking. Focus is also given to flexibility and core training. All levels of fitness are welcome but this class is geared toward the intermediate-advanced level for the ultimate high intense workout! **This class is \$3.00 on Mondays and Wednesdays. Instructor Allen Walker.**

Boot Camp- Boot camp fitness classes are a new way to get your strength training workouts in while getting a great cardio workout as well. **This class is M-Sat. \$3.00! These classes are subject to be outside, gym, or walking track.**

Instructors- LifeFitness Academy

F.I.R.E - FIRE stands for (F)-Flexion, (I)- Isometric, (R)- Resistance, (E)- Extension. **Instructor- Coleman Staff. \$3.00 every Wednesday at 9:30am!**

Martial Arts Fitness:

Tai Chi: a form of mind-body exercise, originated as a martial art in China. The practice of Tai Chi requires the coordination of mind and body through a focus on cultivating internal energy and developing balance. Tai Chi has been referred to as a moving meditation and a powerful key to inducing relaxation, reducing stress, increasing strength and fostering concentration. **Taught by Frank and the following classes are FREE ever Thursday evening!: Seniors Tai Chi (limited movement) at 5pm, Integral Tai Chi (More advanced), and Yang Style (More experienced).**

Yoga:

Beginner's Yoga- Level 1beginning and intermediate yoga, focusing on breathing and concentration! **This class is free every Tuesday and Friday at 6am. Instructor- Volunteer**

Beginner's Yoga- For those that new to yoga! Join our staff for a \$3.00 class every Monday!

Yoga Vinyasa- Level 3 Power Yoga every Wednesday. \$3.00

Fit Card: The Fit Card is good for 10 passes into any of our paid classes **EXCEPT** Zumba and Latin Dance.

B.Fab. Fitness (Zumba) Punch Card: This card is for 10 visits to our popular B.Fab. Fitness Zumba Class.

THE POOL

Children ages 3 and under must wear a Metro Health Dept. approved diaper

Children under 4 feet tall must be accompanied by an adult

Only people age 18 and older are considered adults

SWIM LESSONS

Session 1

Registration starts: June 3rd-11th

Classes starts: June 11th and ends July 11th

Session 2

Registration starts: July 15th and ends July 19th

Class starts: July 23rd and Ends: August 22nd

Classes will not meet when Metro Schools are closed because of inclement weather

Please contact the front desk to registration for swim lessons

The swim lesson program cost \$50.00 per session

Children must be 6 years old and 4 feet tall

NOTE: If the child does not meet the requirements then the instructor has the discretion not to allow the child to participate in the learn to swim class

A refund will be done if this matter does occur

THE FACILITY

Rentals are done anytime based on availability and capacity

Gymnasium w/Game Room, Pool, and Facility are rented after hours only (Fitness Center can not be rented)

Large meeting room includes the kitchen

Follow us on Facebook for updates and changes: Coleman Park Community Center